

The month of May was busy and fun. So many fun memories were made. We started off the month celebrating my nephew's high school graduation.



Both of my grand boys have May birthdays. Jett turned 11 and Lake turned 7.



You know we watched our boys play baseball! Sadly, we had to watch a lot of ball in the rain.



Lake received an award at school. It's called "Cougar of the Quarter" and it was given to him by his teacher for his excellence in learning and his leadership skills.



My friend, Lisa, who used to be in my WW workshop before she moved, came back for a visit. It was so wonderful seeing her in person. Nothing better than catching up with a friend!



Jett graduated from elementary school. He is headed to middle school next year. (If anyone asks, I am not ok.) We all got to attend the ceremony and he received his certificate of completion, A/B honor roll, and DARE certificate.



The school year came to an end and I had to say good-bye to 3 of my Littles. I have kept them since they were a few months old. It has been such a blessing to serve them and their families.

# hello SUMMER

# HOLISTIC WELLNESS JOURNEY

As the summer season begins, it's the perfect time to step into lighter rhythms, embrace intentional self-care, and let God refresh every part of your being — body, mind, and soul. June invites us to slow down just enough to savor growth, sunshine, and spiritual renewal.



Summer offers more daylight and fresh seasonal foods. It's also a great time to reconnect with your body in joyful, fun ways. Movement doesn't have to be intense to be effective. Walking barefoot in the grass, taking a morning stretch, or prepping colorful fruits and veggies are all ways we can honor our health this season. Think of it as an invitation, not an obligation.

Try “sunshine movement” — 15 minutes of walking, stretching, or light activity outdoors each day. Hydrate often and embrace seasonal produce.



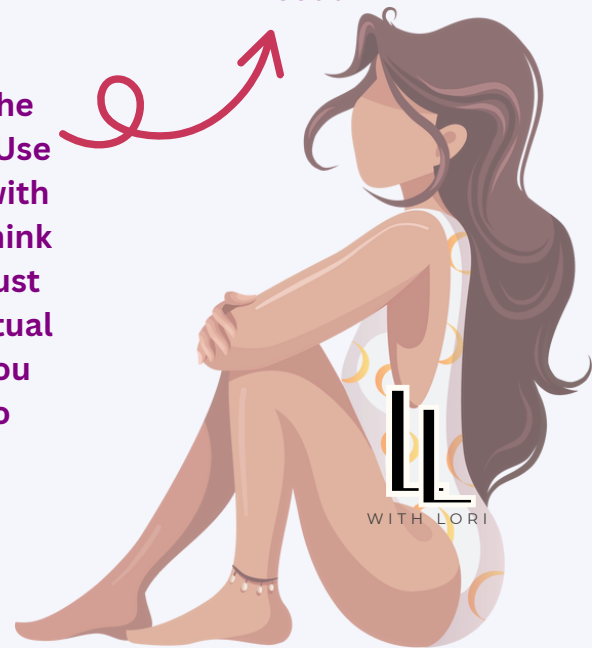
Start a “one-line journal” this month: each day, write one sentence that reflects gratitude, growth, or a small win.

Just like nature cycles into a slower rhythm in summer, your mind needs space to breathe too. The slower pace gives us a chance to be more present, to let go of hurry, and to choose rest on purpose. Reflection is a powerful form of mental wellness.



Your soul thrives not in the noise, but in the stillness. Use this season to reconnect with the gentle voice of God. Think of summer as a time not just for vacations, but for spiritual restoration. Where can you create margin for Him to speak?

Pick one quiet place outdoors to meet with God each week. Let creation preach to your soul.



*“He leads me beside quiet waters. He restores my soul.” — Psalm 23:2-3*





# the wellness collective



Recipe of the Month



click on the picture to go to the recipe



## Skinny Loaded Potato Salad



### Book Recommendation:

*The Ruthless Elimination of Hurry*  
by John Mark Comer

This book is a powerful, practical invitation to slow down, embrace rest, and live with intention, in body, mind, and soul. Comer weaves in Scripture, personal story, and spiritual disciplines in a way that helps readers detox from hustle culture and reconnect with Jesus in their everyday lives.

### Podcast Recommendation:

“The Next Right Thing” by Emily P. Freeman.

This podcast is like a breath of fresh air for your mind and soul. Emily speaks with quiet wisdom on decision-making, soul care, and creating space to listen to God. It’s deeply reflective, peaceful, and perfect for women wanting to slow down and live with more intention.

### Journal Prompt

This month take some time to write and reflect on the following:  
“Where in my life do I need to slow down, breathe deeper, and allow God to restore me in my body, my mind, or my soul?”

Take 10–15 minutes in a quiet space, maybe outside in the summer sun, and write freely. Reflect on areas where you've been striving, stressing, or stuck and invite God's presence to bring peace and renewal.

Sometimes we don't need more effort we just need more presence.  
Let this be a month of gentle restoration.

# MONTHLY Challenge

## “10 Minutes of Intentional Wellness” Each Day

This month spend 10 intentional minutes each day nurturing either your body, mind, or soul. Remember, the goal isn't perfection.

It's presence, consistency, and self-compassion.

You can rotate daily or choose what you need most.

Here's a few ideas:

- BODY** – Take a walk, stretch, prep a nourishing meal, hydrate mindfully
- MIND** – Journal, read something uplifting, practice gratitude, limit screen time
- SOUL** – Sit with Scripture, pray, listen to worship music, be still in nature



WITH LORI

# *soulful* reflections

## “Wholeness Starts with Surrender”

*“Do you want to get well?” - John 5:6*

This was the question Jesus asked a man who had been sick for 38 years. It might seem like an odd question. Of course he wanted to be well! But Jesus was getting at something deeper. Healing, real healing, often starts with the heart. It's not just about fixing what's broken, but about surrendering what we've been holding onto for too long. Maybe our old habits, shame, fear, or the belief that healing isn't possible for us.

In our wellness journeys, it's easy to focus on surface-level changes. A new plan, a new habit, a new goal. But God invites us into something more lasting. Wholeness. And wholeness touches every part of us: our bodies, our thoughts, and our spirits. Holistic wellness isn't about being perfect in every area. It's about aligning all of who we are with the One who created us. It's saying, “Lord, I invite You into all of it. My health, my mindset, my emotions, my schedule, my rest. Make me whole, not just busy.”

*Prayer:*

Lord, I want to be well, fully and wholly well. Teach me to care for my body with wisdom, to guard my mind with truth, and to nurture my soul with Your presence. I surrender my idea of perfection and receive Your invitation to peace and wholeness.

Amen.

## MEET THIS MONTH'S WARRIOR *Beth*

My weight loss journey began in 1985 when my mother enrolled her 12 year old daughter at the local Weight Watchers meeting; I was the youngest one there and felt so much shame. At an age when life was already confusing, bringing green beans and dried apple snacks to the school lunch table did not help my self-confidence. This was the first time that I realized I was fat, and my relationship with food has been poor ever since. That feeling of shame never left me; it was the specter that haunted my eating habits, body image, and self-esteem for decades. While the WW program has changed over the years, it has never failed to work for me. If I follow the program, I will lose weight. However, the mindset and strength to stay on the program has always been my Achilles heel. I honestly can't count the times that I've joined WW; I've also lost weight with extreme exercise regimes and the shakes only diets. But the weight was soon found again because my changes were only surface level.

I achieved WW lifetime membership in 2006 and even worked as a WW coach for several years. But the mindset piece was never really there; shame of my body image always crept back. After a divorce, a return to full-time work, graduate school, and the busyness of life as a single mom with two small kids, all the weight came back plus some.

I joined WW in August 2024 for the last time because I do not plan to ever quit even when I do get back to my lifetime goal. This time around has been completely different because Lori has brought me the missing mindset and spiritual parts in her coaching. Additionally, the encouragement I receive from the weekly meetings and the friendship with my fellow weight strugglers have spurred me on and helped me to realize that I deserve to treat my body as a temple of Christ.

Weight loss is a neverending journey; I believe I will never not struggle with food. But I've gained the tools and mindset to combat the challenges that I face daily. I now lean on God to guide me and give me strength to resist temptations; old patterns have been replaced with new healthy ones. I plug into scripture to find the confidence to pursue a joy-filled life.

True transformation in my weight loss journey could not happen until I also transformed my mind. To date, I've lost 40 pounds and still have more to lose. But what I'm most proud of losing is the mental and emotional weight that has burdened me. That invisible weight of shame led me to make unhealthy choices, to be unkind to myself, and to use food as a comfort. However, I now see myself as a daughter of the king and worthy to make better choices to fuel my body and spirit.

The tagline on my weight watchers profile is "I want to travel with less baggage." I cannot express how freeing it is to ditch the old baggage of shame and to live with confidence and joy. Each day is a fresh start; let's take this journey to wellness one day at a time!





# Living & Losing

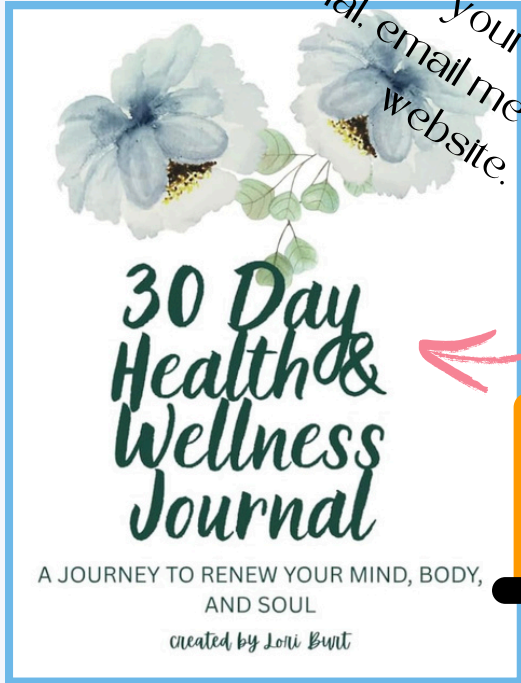
with Lori

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